

Free Report

For Your Health

The Disability Guys Guide™ to Your Shoulders

Pain, Injury and Lost time from work

(What You Need to Know To Minimize Lost Time from Your Job)

Like most people, if someone tells me that they are having shoulder surgery, I immediately ask, "is it your rotator cuff?" We hear about this everyday when professional sports stars have shoulder surgery, or even our neighbors kid. Do you know what exactly the rotator cuff is, why we should care and what needs to be done if yours has been injured? Are you aware of how to prevent shoulder injuries?

I have had first hand experience with shoulder injuries having gone through extensive right shoulder surgery during the summer of 2008. I'm pleased to report that I am doing everything I was before—including playing a rough game of ice hockey! I'm happy to share my personal experiences with you—feel free to contact me! In the meantime, check out my video! Details on next page.



Let me remind you. I am not providing you with legal advice (see the fancy disclaimer below) and I am certainly NOT providing you with Medical Advice. What I am providing is a starting place for you to begin to get information and answers to your questions so that you can then make more informed decisions about your medical care and your legal rights before you ever speak to an attorney or see the doctor.

As a New York Disability Attorney helping injured and disabled people everyday, I have learned a bit about all of this stuff and want to help you understand what is going on so that you can best help yourself. It's pretty simple

Another useful Consumer Guide from
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Volume 1 Issue 2
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Disclaimer: This report is for informational purposes only—not legal advice. Every case is based on its own facts and circumstances; you should contact a legal professional about your case!

The Rotator Cuff Injury

Simply put, the rotator cuff consists of the muscles and tendons that hold the shoulder in place and allow you to move your arm. Therefore it is obvious that injuring this part of your body could have significant consequences, such as limiting your ability to work and do the sports activities

Workplace Safety Tips

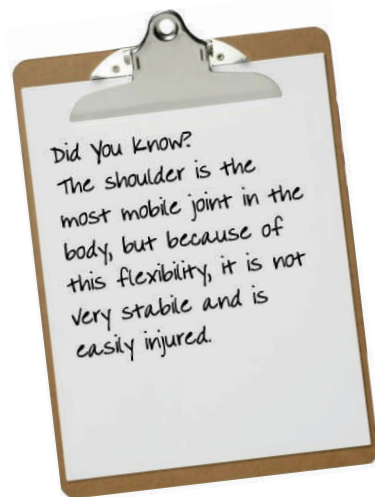
Many shoulder injuries are related to sustained postures and repetitive motions at work. There are several things you can do to improve workplace safety and reduce the risk of shoulder injuries. Consider some of these:

When sitting, sit in a supportive chair with your butt back as far as possible in the seat and your thighs fully supported by the seat.

If you work with computers, place the monitor directly in front of you within fingertips reach. Look straight at your monitor—eyes should be level with the tool bar.

When sitting, bend your elbows and knees 90 degrees, supported by the seat. Support your feet on the floor or footstool.

Take posture breaks and exercise for several minutes every hour.



Did you know?
The shoulder is the most mobile joint in the body, but because of this flexibility, it is not very stable and is easily injured.



Workplace Safety Tips Continued

Do not reach to place or retrieve heavy objects stored up high; use a stable platform or step stool.

Know when you need rest and relaxation during non-working hours and maintain good physical condition to avoid strains and sprains.

Follow instructions with respect to proper lifting techniques—Face the object to be lifted, keep your back as straight as possible by bending and use your legs for lifting power.

What Are the Common Signs of a Rotator Cuff Injury?

Simply put, the most common symptom is shoulder pain. The pain is often noticed gradually, even a day or two after the injury occurs. The pain is usually located to the front and side of the shoulder and is increased when the shoulder is moved away from the body. Quite often, shoulder pain is more intense at nighttime, likely because of lying on the affected area. People with rotator cuff injuries usually find it difficult to lift the arm away from the body. If the rotator cuff has severe tears, it can be impossible for the patient to hold the arm up because of excruciating pain.



Warning Signs of a Shoulder Injury

Is your shoulder stiff? Can you rotate your arm in all the normal positions?

Does it feel like your shoulder could pop out or slide out of the socket?

Do you lack the strength in your shoulder to carry out your daily activities?

If you answered yes to any of these questions, consult your doctor.

Useful Resources

For more detailed information about taking care of your shoulders, shoulder treatments and surgeries, you might want to take a look at some of these.

Markhoff & Mittman Videos

- Injured Workers' Comp Attorney—*An Absolute Must — My Video!!*
Right Shoulder Surgery
<http://www.markhofflaw.com/video/injured-workers-compensation-attorney-right-shoulder-surgery.cfm>
- NY Workers' Comp New Medical Treatment Guidelines—The Shoulder
<http://www.markhofflaw.com/library/ny-workers-compensation-medical-treatment-guidelines-the-shoulder>
- The Rotator Cuff - Shoulder Injury and Symptoms
<http://www.markhofflaw.com/video/what-is-a-rotator-cuff-repair-symptoms-and-anatomy-of-the-shoulder.cfm>

Other Sources of Information

- Medline Plus—A Service of the U.S. National Library of Medicine—<http://www.nlm.nih.gov/medlineplus/>
- The American Academy of Orthopedic Surgeons—<http://orthoinfo.aaos.org/topic.cfm?topic=A00327>
- Shoulder Solutions.com—<http://shouldersolutions.com/default.php>



As with any injury, early intervention is one of the best forms of treatment. Be sure to contact your doctor if you are experiencing any pain or continued discomfort.

*Is your shoulder injury the result of a work related accident?
Do you have questions about how to obtain medical care or receive appropriate benefits?
Call us for a FREE evaluation. We're here to help!*



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Call Today!